

Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory

Definitions

- ❑ **Obesity: Body Mass Index (BMI) of 30 or higher.**
- ❑ **Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, calculated by using the adult's weight in kilograms divided by the square of his or her height in meters.**

Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory

Source of the Data

- ❑ The data were collected through the Behavioral Risk Factor Surveillance System (BRFSS), an ongoing, state-based, telephone interview survey conducted by state health departments with assistance from CDC.**
- ❑ Height and weight data used in the BMI calculations were self-reported.**

Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory

BRFSS Methodological Changes Started in 2011

- ❑ New sampling frame that included both landline and cell phone households.**
- ❑ New weighting methodology used to provide a closer match between the sample and the population.**

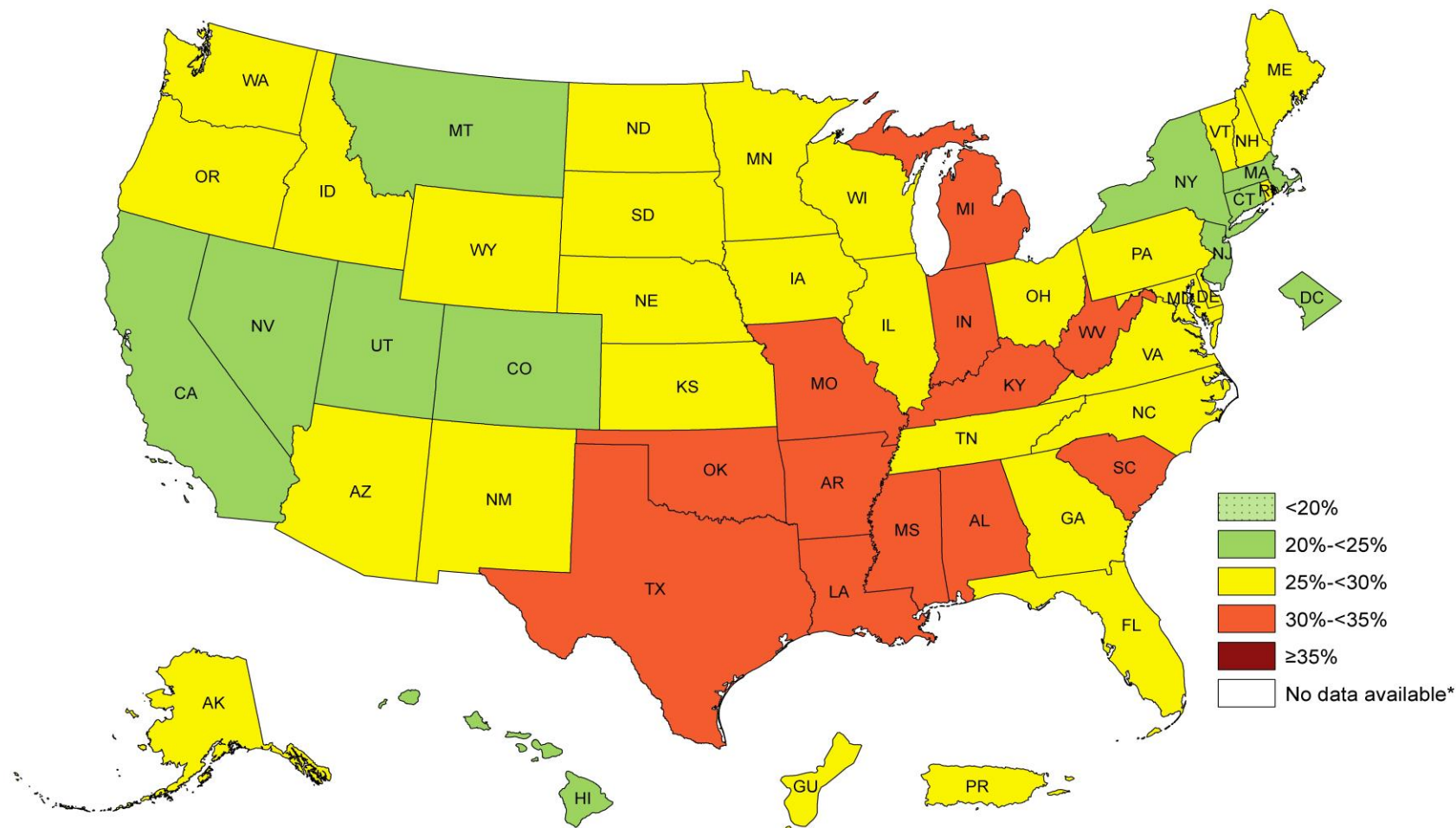
Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory

Exclusion Criteria Used Beginning with 2011 BRFSS Data
Records with the following were excluded:

- ❑ Height: <3 feet or ≥ 8 feet
- ❑ Weight: <50 pounds or ≥ 650 pounds
- ❑ BMI: <12 kg/m² or ≥ 100 kg/m²
- ❑ Pregnant women

Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

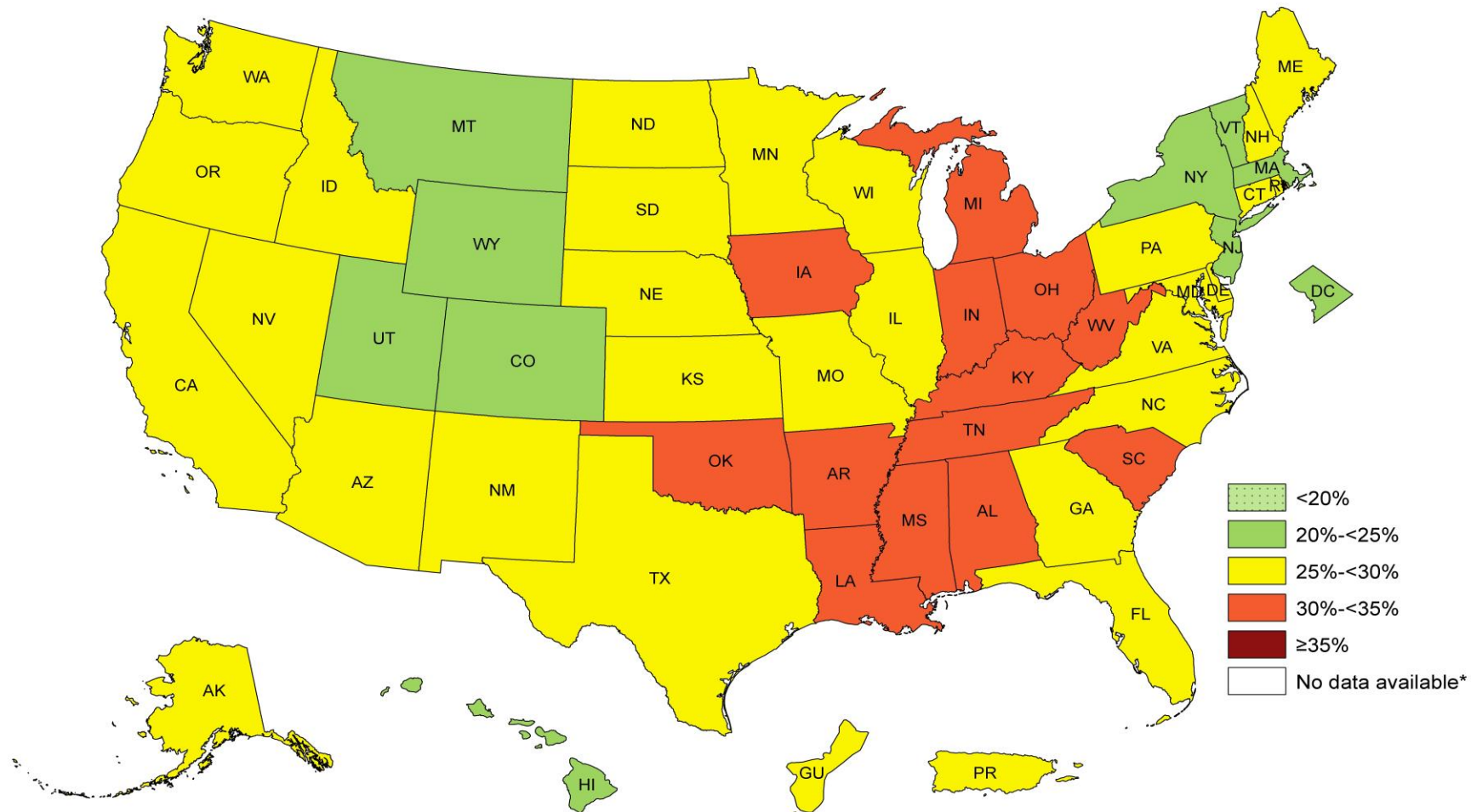


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

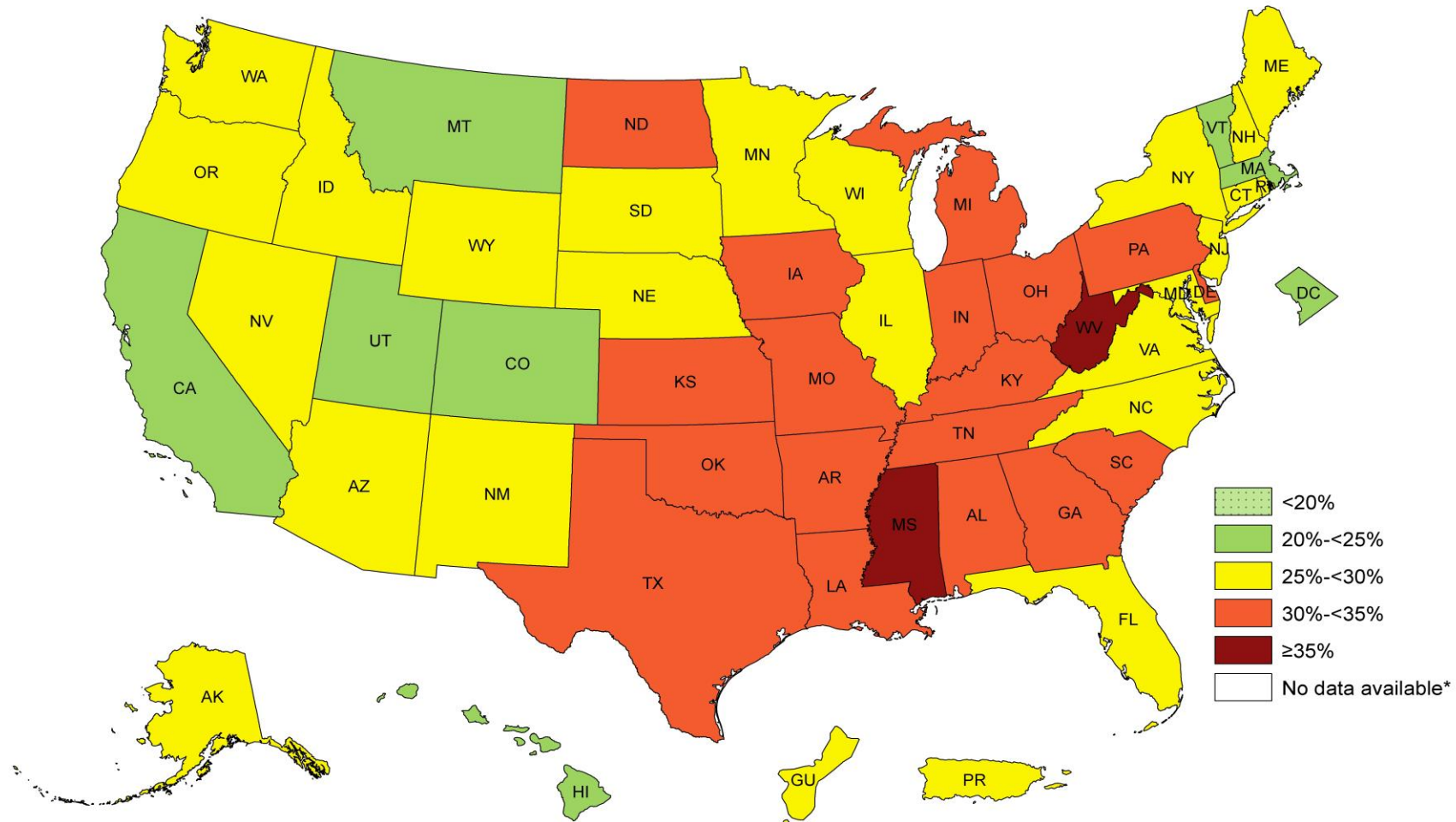


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

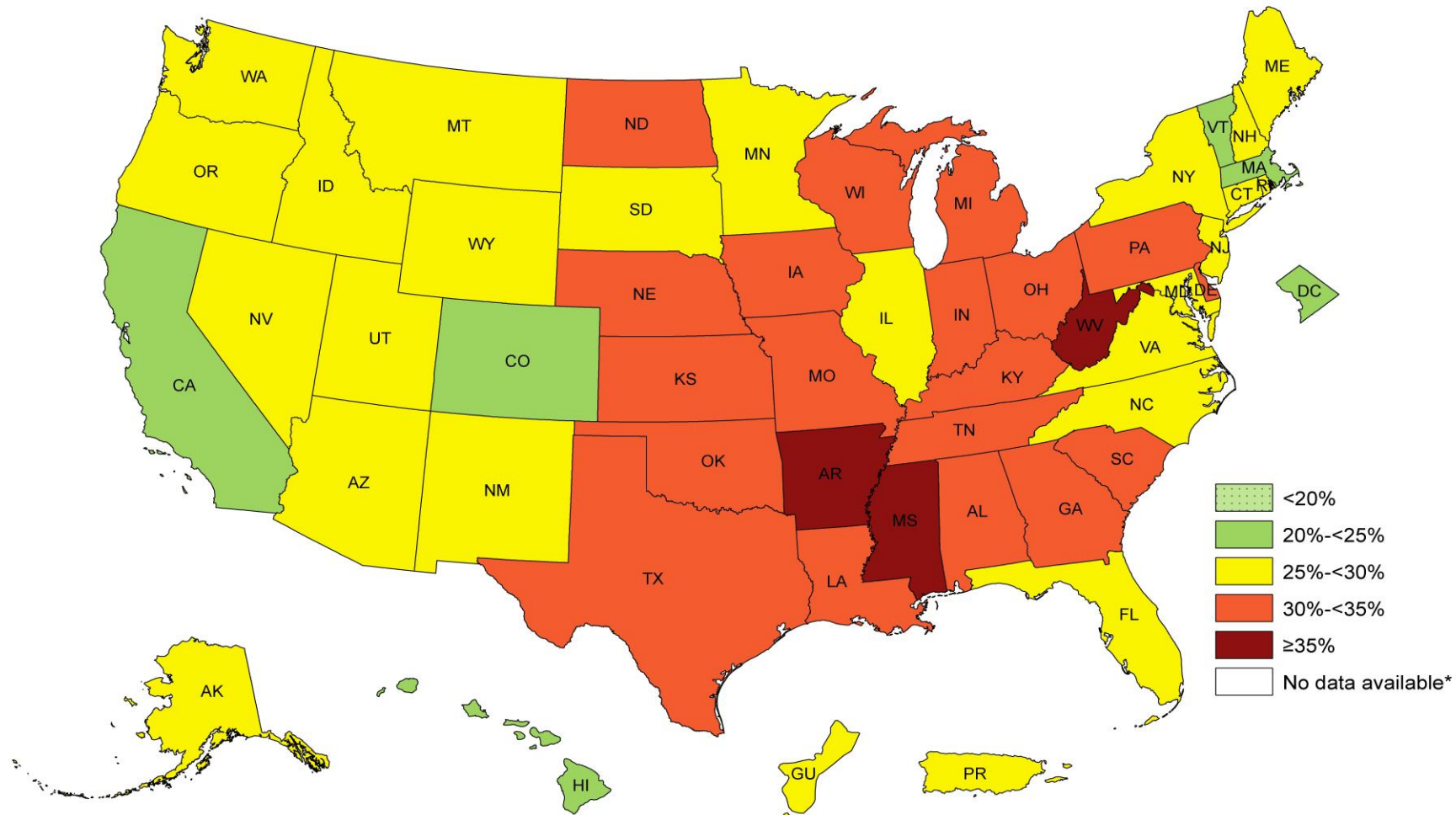


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

State	Prevalence	95% Confidence Interval
Alabama	33.5	(32.1, 35.0)
Alaska	29.7	(27.8, 31.7)
Arizona	28.9	(27.7, 30.2)
Arkansas	35.9	(33.8, 38.0)
California	24.7	(23.5, 25.9)
Colorado	21.3	(20.4, 22.2)
Connecticut	26.3	(24.9, 27.7)
Delaware	30.7	(28.6, 32.8)
District of Columbia	21.7	(19.5, 24.0)
Florida	26.2	(25.0, 27.5)
Georgia	30.5	(28.9, 32.1)
Guam	28.0	(25.6, 30.5)
Hawaii	22.1	(20.7, 23.5)
Idaho	28.9	(27.1, 30.8)
Illinois	29.3	(27.6, 31.1)
Indiana	32.7	(31.6, 34.0)
Iowa	30.9	(29.6, 32.3)
Kansas	31.3	(30.3, 32.2)
Kentucky	31.6	(30.2, 33.1)
Louisiana	34.9	(33.4, 36.4)
Maine	28.2	(26.9, 29.5)
Maryland	29.6	(28.1, 31.1)
Massachusetts	23.3	(22.3, 24.4)
Michigan	30.7	(29.4, 32.0)
Minnesota	27.6	(26.8, 28.5)
Mississippi	35.5	(33.4, 37.6)

State	Prevalence	95% Confidence Interval
Missouri	30.2	(28.6, 31.9)
Montana	26.4	(24.9, 27.9)
Nebraska	30.2	(29.2, 31.3)
Nevada	27.7	(25.4, 30.1)
New Hampshire	27.4	(25.8, 29.1)
New Jersey	26.9	(25.7, 28.1)
New Mexico	28.4	(27.0, 30.0)
New York	27.0	(25.6, 28.5)
North Carolina	29.7	(28.4, 31.0)
North Dakota	32.2	(30.5, 34.0)
Ohio	32.6	(31.2, 34.1)
Oklahoma	33.0	(31.7, 34.3)
Oregon	27.9	(26.3, 29.6)
Pennsylvania	30.2	(28.9, 31.4)
Puerto Rico	28.3	(26.8, 29.8)
Rhode Island	27.0	(25.4, 28.6)
South Carolina	32.1	(30.9, 33.3)
South Dakota	29.8	(27.9, 31.8)
Tennessee	31.2	(29.3, 33.2)
Texas	31.9	(30.6, 33.3)
Utah	25.7	(24.9, 26.6)
Vermont	24.8	(23.5, 26.1)
Virginia	28.5	(27.2, 29.7)
Washington	27.3	(26.0, 28.5)
West Virginia	35.7	(34.2, 37.2)
Wisconsin	31.2	(29.6, 32.8)
Wyoming	29.5	(27.5, 31.5)

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

Summary

- ❑ No state had a prevalence of obesity less than 20%.
- ❑ 5 states and the District of Columbia had a prevalence of obesity between 20% and <25%.
- ❑ 23 states, Puerto Rico, and Guam had a prevalence of obesity between 25% and <30%.
- ❑ 19 states had a prevalence of obesity between 30% and <35%.
- ❑ 3 states (Arkansas, Mississippi and West Virginia) had a prevalence of obesity of 35% or greater.

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

<http://www.cdc.gov/obesity/data/prevalence-maps.html>

